

November

# NEWSLETTER

2005

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

## Services Offered

- Arts & Crafts
  - Cultural Programs
  - Daily Lunch
  - Educational
  - Exercise
  - Health Services
  - Information & Referral
  - Recreation
  - Socialization
  - Transportation
  - Travel
  - Volunteer Opportunities
- Open Monday  
through Friday  
8:00-4:30

## L. Clark Cushing Heritage Center

A  
Special  
Invitation

## 25 Year Anniversary Celebration

**Tuesday, December 6**

The Heritage Center was dedicated on December 6, 1980. On December 6, 2005, the Heritage Center will celebrate 25 years in operation.

Join the Heritage Center staff, Murray City officials, and the wonderful friends of the Heritage Center as we recognize the past 25 years and look forward to the future of another 25 years! Tickets for the program and meal (\$5) will go on sale November 1 and are limited. You may reserve your seat when you purchase your ticket. Everyone is encouraged to purchase tickets early because of the limited seating. See page 15 for complete details on the activities being held in honor of the 25th anniversary celebration of the Heritage Center.

*A special thanks to sponsors **Humana MarketPOINT** and **Questar**.*

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.  
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.

DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

YEARLY SUBSCRIPTIONS ARE AVAILABLE FOR \$16 PER YEAR.

## Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center  
#10 E. 6150 S.  
Murray UT 84107  
801/264-2635  
fax 801/685-9140

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Personal notices are charged the rate of 50¢ per line per issue.

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## Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

## Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. Donations are appreciated to cover the cost of printing. The Heritage Center is funded and operated by Murray City.

### Mayor

DANIEL C. SNARR

### Chief of Staff

JAN WELLS

### Public Services Director

DOUG HILL

### City Council:

JEFF DREDGE, DISTRICT #1

ROBERT D. ROBERTSON, DISTRICT #2

JIM BRASS, DISTRICT #3

PATRICIA GRIFFITHS, DISTRICT #4

KRISTA DUNN, DISTRICT #5

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## ***Heritage Center Staff:***

### Director

SUSAN H. GREGORY

### Program Coordinator

GEORGE FENSTERMACHER

### Program Coordinator

DAVEEN HAWS

### Secretary

SHARON CANTONWINE

### RECEPTIONIST

MARY HALL

### Ceramic Instructor

CINDY MANGONE

### Meals Supervisor

JOZEFINA DUVNJAK

### Meals Assistant

BLANCA DISTEFANO

### CUSTODIAN

DAVE LINDORFF

### Vehicle Driver

LOWEL HART

### Building Attendant

SHIRLEY FLOYD

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## ***Heritage Advisory Board***

RICK BATTISON, WAYNE BICKLEY,

GENEVA HARRIS, MEEDA SMITH,

NITA SCHULTZ, RON WATTS,

BARBARA WOOLSEY, LEDA WRIGHT

LUCY ZUMBRUNNEN

## *Appointments Requested*

## **Notary Available**

Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

## **Stamps/Copies/Shredder**

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available in the computer room and is available anytime classes are not in session. □

## **Gifts**

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

## **Credit Cards**



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. Debit cards are also accepted. □

## COMPUTERS...COMPUTERS...COMPUTERS...

### Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.



Computers are available during open lab time, anytime classes are not being held, and the lab is free.

### Basic Internet

Learn the basics of the Internet in this 4.5 hour class over three days. Prerequisites: Persons must have taken Basics I or be familiar with using a mouse and navigating around Windows. \$15 for 3 classes. **Mon., Tues., Thurs., Nov. 14, 15, 17 at 10:30.**

### Basic I

This class is for the new computer owner or the person who wants to learn to use the Heritage Center computers. Start from scratch and learn the basics. **Mon., Tues., Thurs., Nov. 28, 29, Dec. 1, 5, 6, 8 at 10:30.** Cost \$30 for 6 classes.

### Basic Email

Set up a free Yahoo email account and start emailing family and friends. Learn the basics of any email system in this 3 session class. **Mon., Tues., Thurs., Nov. 28, 29, Dec. 1 at 8:45.** Cost \$15.

### Other Classes

The following classes do not have start dates set at this time. Sign the interest sheet at the front desk and a class will be arranged.

**Greeting Cards...Basic II or Basic III...Microsoft Word...Music on Computer...Intro to Scanners...Photography...Other interests?** Let us know.

### Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who just need access to a computer. Volunteers are on hand Wed., and Fri., from 9:30-11:30. Stop by and ask Glen (Wed.) or Gordon (Fri.) for help!

The lab is also available any day when computer classes are not being held. Printing is 5¢/page. □

### HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wednesday, Nov. 9 at 1:30.** Thank you volunteer Tom Manak for arranging the guest speakers.

The group meets every month on the second Wednesday of the month at 1:30 p.m for a presentation and swapping information. The cost to join the club is \$10 per year for single or \$15 per year for couples. □

## MISC...MISC...MISC...

### TRANSPORTATION

The Center offers transportation to Murray residents on Wednesday and Friday. Advance reservations are needed and new riders need to fill out a brief application before your first ride. The bus picks up between 10:00-11:00 and returns riders to home after bingo (approximately 2:00). The cost is \$2 for a round trip ride.

Please make sure you cancel your ride if you are not able to attend so that the driver does not include you on his route.

The Center 20 passenger bus is also used for a variety of day trips. See the trip page for information on current trips planned. You do not need to be a Murray resident to participate in the trips. Trips need to be paid for in advance and you may only sign up yourself and one friend when registering for trips. □

### Brown Bag Dates

**Friday - 11:15**

**November 18**

Program sponsored by the Utah Food Bank. Applications and info at the front desk.



## HEALTH SERVICES

Blood Pressure & Glucose Checks  
Every Thursday - 10:00-12:00



### November's Clinics

#### Medicare Part D

Thursday Nov. 3 at 11:00

Thursday, Dec. 1 at 10:00

#### Podiatrist

Tuesday Nov. 8 from 12:30-2:30

#### Blood Testing

Tuesday Nov. 15 from 9-12

#### Flu Shots

Tuesday Nov. 29 from 9-12

#### Toenail Clipping

Thursday Dec. 1 from 9-10:30

### Toenail Clipping Thurs., Dec. 1, 9-10:30

**December 1** is the center's next toe nail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care will be coming every other month from 9-10:30. The fee is \$10.00 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

### Blood Testing

#### Tuesday, November 15 from 9-12

Blood testing will once again be offered **Thursday, November 15** at the Heritage Center, and will be by appointment only. Appointments can be made starting November 1. IHC will only draw your blood on the 15th, so that specific tests can be ran in the hospital lab. Test results will be mailed out 1-2 weeks later. You choose which screening you would like the day of the testing. Among your choices are a Comprehensive Metabolic Panel (testing sodium, and potassium levels etc.), Cholesterol, Complete Blood Count, Prostate, as well as your Thyroid. Cost for these test are available at the front desk with a range from \$10.00-\$45.00. Payment is made the day of testing and checks should be made out to IHC.

Cholesterol is one of the fat-like nutrients that is transported in your blood. It helps to build cell walls and make hormones. Excess cholesterol enters the blood stream when we eat foods that contain cholesterol such as meat and dairy products. Cholesterol becomes trapped on the coronary arteries and builds up over time when too much cholesterol is in our blood stream. The clogged artery will not let nutrients and oxygen through to the heart. Without the nutrients and the oxygen, the result is chest pains, heart attack, or sudden death.

If high cholesterol is a problem for you, it is recommended that family members get tested as well. Your high cholesterol may have been passed genetically to your children. The cause of your high cholesterol may also be caused by the fatty foods your family consumes.

Other potential problems evaluated by blood testing include bone disorders, like osteoporosis, kidney and liver functions, gallbladder disease, dehydration, red blood cell disorders, and prostate cancer. Who is at risk for cancer? The answer is everyone. According to the American Cancer Society, in the United States 1 in 2 men and 1 in 3 women have a lifetime risk of developing cancer. In 1997 there were 2,130 deaths among Utahans due to cancer. In 1999 it was estimated that 100 of those deaths were from prostate cancer. For more information on cancer call the American Cancer Society at 1-800-227-2345 or the National Cancer Information Service at 1-800-4CANCER. □

## HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...

November 8 from 12:20-2:30

### Podiatrist Scheduled!

Do you need a licenced podiatrist to cut your toenails? Are you diabetic or on blood thinner?

Dr. Royal will be at the center on **Tues., Nov. 8** to cut toenails. This is a one time only clinic, so make sure you take advantage of it. Dr. Royal asks for a \$5 donation for his services.

This service is different from the Dec. 1 toenail clinic because everyone is eligible (even those on blood thinners or diabetics.)

Appointments are required and can be made starting October 25. The \$5 fee is due the day of the clipping, November 8.

This service is made possible through Salt Lake County Aging Services.□

Two opportunities to learn about Medicare Part D

### Medicare Part D - Thurs., Nov. 3 at 11:00 or Thurs., December 1 at 10:00.

By now you have probably heard of the new Medicare prescription drug plan, Medicare Part D. If you are confused or have questions regarding Medicare Part D you are not alone. Thurs., Nov. 3, Salt Lake County Aging Services will be at the center to help answer all of your questions with a presentation. A second presentation by a representative from Humana will be offered on Thurs., Dec. 1 at 10:00. Everyone is encouraged to attend one of the above presentations.

Some facts you should know before making up your mind about getting a Medicare part D card:

1. If you do not enroll during the open enrollment period (Nov. 15, 2005 through May 15, 2006) your monthly premium will go up 1% per month.
2. Plans in Utah will range in price from approximately \$6 per month to \$36 per month. Each plan will have a drug formulary which means each plan may cover different drugs at different prices.
3. If you enroll in a drug card after May 15, not only will your premium go up but your benefits will not start until January of 2007.
4. Everyone needs to check with their insurance company to make sure your current coverage is "as good as or better" than part D. This will help you decide if you need to enroll in Medicare Part D.
5. There is extra help for low income individuals.
6. Starting in October, all plans will be available to compare on the Internet. Simply go to [www.Medicare.gov](http://www.Medicare.gov). Before you log on, make sure you know your income, and have a list of all the medications you take including the milligrams and the cost.□

### Flu Shots - Tuesday, November 29

Salt Lake County Aging Services will once again be providing the center's flu shots this season to those individuals who are 60 and older. No Pneumonia shots or boosters will be offered this year. If you think you need a pneumonia shot, please consult with your health care provider. Dates and times for this year's clinics are as follows:

#### November 29 9-12 Noon

No appointments are necessary. Please remember to bring your Medicare Card with you. In order for Medicare to pay for the shot, you must carry Medicare Part B. If you do not have Medicare, the suggested donation is \$20.00 for the flu shot.□

### Massage Therapy

Massage Therapy continues on **Fridays from 11:00-3:00**. Appointments are required and can be made at the front desk. Payment is due when you make the appointment. The cost is \$6 for fifteen minutes, \$12 for a half hour, and \$36 for an hour. If you have a specific request, please ask Thelma. She may be able to accommodate you.□

## EXERCISE...EXERCISE...EXERCISE...EXERCISE

### AEROBICS-LOW IMPACT

#### **Tuesdays & Thursdays**

9:00-10:00

Becky Clark - instructor

\$10 per month or \$2 per class

### STRENGTH CONDITIONING

#### **Tuesdays & Thursdays**

2:00-3:00

\$15 per month or \$10 for repeats

Newcomers must attend the orientation at 1:30 on November 1.

### CHAIR A-ROBICS

#### **Wednesdays and Fridays**

11:15-11:45 Free

Lucy Tibolla - instructor

### YOGA

#### **Wednesdays 10:15-11:15**

Jane Wallace - instructor

#### **Fridays 9:30-10:30**

Jami Pond - instructor

Joyce/Dennis Siu - instructors

\$10 per month OR \$2 per class

### NIA

#### **Mondays & Wednesdays**

9:00 - 10:00

Julie Rider -instructor

\$20 per month or \$3 per class

Punch Card \$21

### OPEN EXERCISE ROOM

#### **Open for use daily**

\$5 per month or \$1 per visit

Visit 8 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

### LINE DANCING

#### **Tuesday Beginners**

2:00-3:00

#### **Tuesday Everyone**

10:15-11:30

Shirlene Lundskog - instructor

\$1.00 donation per class

### NEW CLASSES?

Do you have any requests for exercise classes? Let the front desk know what type of class you would like to see.

## SERVICES...SERVICES

### **Attorney Consultations**

**Wed., Nov 16 - 11:00**

An attorney will be available for free 20 minute legal consultations on **Wednesday, Nov. 16 at 11:00.** Appointments are needed and are made at the front desk.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

### **Manicures & Nail Care**

**Thurs., Nov. 10 - 9:00**

Karla Tall, a licensed and experienced nail technician, will be sharing her time and skills at the Center on the 2nd and 4th Thursdays each month. Appointments last about 40 minutes and will begin at 9:00 am. Cost for this service is \$10 and includes nail shaping, cuticle care, moisturizing, polish (if you wish), and great conversation. Payment is due when you make the appointment.

Treat yourself to this health service. Register at the front desk for the date and time you wish. Gents are encouraged to avail themselves of this opportunity, as Karla also does **Men-icures**.

Karla will not be here on Nov. 24 because the Center is closed for the Thanksgiving holiday. □

## **Aerobics**

Aerobic is a fancy word for needing oxygen. Aerobic exercise is any kind of activity that makes your muscles use oxygen. When you do an aerobic activity you are bringing in oxygen to all of your muscles. This causes your heart to become stronger. The actual number of blood cells increases so the blood can carry even more oxygen. Even your blood moves more easily through the blood vessels. All of these things means that your body works more efficiently to keep you healthy. You will also find that exercising becomes easier, and physical activity becomes less tiresome. Join our Aerobic class every **Tuesday and Thursday from 9-10**. Do not forget that your heart is a muscle, and that it looks to you for the aerobic exercise it needs. □

## CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Page Theme - "Thanksgiving"

### Scrap Booking Class Tues. Nov. 22 - 10:00

Do you have unorganized pictures? Would you like to scrap book, but don't have the time? Does being creative scare you? The Center is introducing a new class. Every month a new theme will be picked for the scrap booking class. For November the class will make a Thanksgiving page. This class will simplify everything. All you need to do is sign up and bring your own pictures to class.

For \$3 a person, you will get all the supplies to do two 8 x 11 pages that will look similar to the display page in the lobby. All the guess work is gone. If you can glue, you can scrap book. So pick out a few pictures of Thanksgiving celebrations and bring them to class.

Make sure to look in December's newsletter for the next page's "theme." □

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### Line Dance Instruction

Have you ever wanted to learn the Boot Scootin' Boogie or dance to Cotton Eyed Joe? Are you looking for an exciting way to be involved in a low impact form of exercise? Well, here's the way to do both and have an afternoon of giggles and smiles at the same time. Join the beginning line dancing class every Tuesday at 2:00 p.m. Cost is \$1. □

### Let's Talk - Monday, November 21 at 1:30

The center's popular reading and discussion program is back on track. Charlotte Cox, a long time participant of the center, and a past leader of the Murray Library's book discussion group will be facilitating the discussions.

Discussion dates will always be the third Monday of the month at 1:30 in the afternoon. Participants can check out books directly from the center at no cost. Books need to be returned no later than five days past the discussion date. Participants are responsible for all lost books. A special thank you to the Utah Humanities Council Lending Library for the books. Discussion dates are as follows.

**November 21** - *Redcoat* by Bernard Cornwell. It is 1777 and the British have taken Philadelphia. Loyalties to a foreign king are tested and families torn apart. This is the story of one redcoat who must choose between his duty and his conscience.

Let's Talk will take a break after the November discussion date until they meet again on March 20 to discuss the book, *A Connecticut Yankee in King Arthur's Court* by Mark Twain.

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### Knit 1, Purl 2 has moved to Tuesday's at 12:30

The knitting and crocheting group has grown too small to hold on to its regular Friday time. The good news is that the ladies from the "everything goes" Tuesday group has invited all the knitting and crocheting ladies to join them. They meet every Tuesday to do what ever craft they are currently working on. Some do Swedish Weaving, some knit, others do quilling. Whatever craft project you are working on is welcome in this group. So if you were looking for some companionship while knitting away on those winter projects, join the Tuesday craft group. □

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### Good Sewers Needed

Several patrons have donated left over material to the Heritage Center. Our diligent front desk volunteers have cut the material up into squares in the hope that someone will make them into a quilt. The center is now looking for volunteers to sew the squares together. If you are interested or know someone who is, talk to Daveen. The quilts will be sold at the center's 25th Anniversary Sale. The proceeds will go to the center's scholarship fund to help those seniors who can not afford to participate in programs. □

MONDAY

TUESDAY

NOVEMBER

Heritage  
Center  
Events

Heritage Center

#10 E. 6150 S.  
(west of State Street)  
264-2635

we are here to serve you  
Monday-Friday  
8:00-4:30

1

8:30 Ceramics  
9:00 Aerobics  
9:30 Water Color Lab  
10:15 Line Dancing  
12:00 Lunch  
12:30 Stitch, Quill, Weave, etc.  
12:30 Knit 1, Purl 2  
2:00 Strength Conditioning  
2:00 Beg. Line Dance

7

8:30 Ceramics  
9:00 NIA  
12:00 Lunch

8

8:30 Ceramics  
9:00 Aerobics  
9:30 Water Color Lab  
10:15 Line Dancing  
12:00 Lunch  
12:30 Stitch, Quill, Weave, etc.  
12:30 Podiatrist  
12:30 Knit 1, Purl 2  
2:00 Strength Conditioning  
2:00 Beginners Line Dance

14

8:30 Ceramics  
9:00 NIA  
10:30 Basic Internet  
12:00 Lunch  
1:00 Let's Talk

15

8:30 Ceramics  
9:00 Aerobics  
9:00 Blood Testing  
9:30 Water Color Lab  
10:15 Line Dancing  
10:30 Basic Internet  
12:00 Lunch  
12:30 Stitch, Quill, Weave, etc.  
12:30 Knit 1, Purl 2  
2:00 Strength Conditioning  
2:00 Beginners Line Dance

21

8:30 Ceramics  
9:00 NIA  
12:00 Lunch  
1:00 Daughters of Utah  
Pioneers Meeting  
1:30 Let's Talk

22

8:30 Ceramics  
9:00 Aerobics  
9:30 Water Color / Cabella's  
10:00 Scrapbooking  
10:15 Line Dancing  
12:00 Lunch  
12:30 Stitch, Quill, Weave, etc.  
12:30 Knit 1, Purl 2  
2:00 Strength Conditioning  
2:00 Beginners Line Dance

28

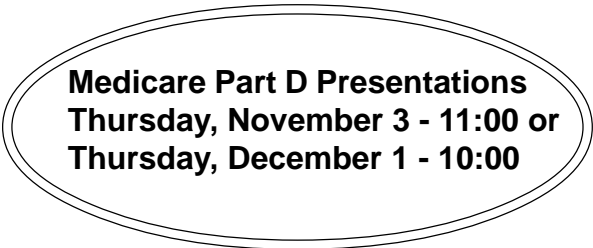
8:30 Ceramics  
8:45 Basic Email  
9:00 NIA  
12:00 Lunch

29

8:30 Ceramics  
8:45 Basic Email  
9:00 Aerobics / Flu Shots  
9:30 Water Color Lab  
10:15 Line Dancing  
10:30 Basic I  
12:00 Lunch  
12:30 Stitch, Quill, Weave, etc.  
12:30 Knit 1, Purl 2  
2:00 Strength Conditioning  
2:00 Beginners Line Dance

Heritage Center



WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <p>           9:00 NIA            9:10 Int. Spanish            9:30 Pinochle / Computer Lab            10:10 Adv. Spanish            10:15 Yoga            11:10 Beg. Spanish            11:15 Chair A'Robics            12:00 Lunch / 12:45 Bingo            1:00 Bridge         </p>	<div>3</div> <p>           8:30 Ceramics            8:30 Wendover            9:00 Aerobics            10:00 Blood Pressure/Glucose            11:00 Medicare Part D            12:00 Lunch            12:45 Red Hatters - BONKO            1:00 Square Dancing            2:00 Strength Conditioning         </p>	<div>4</div> <p>           9:30 Yoga            11:00 Massage Therapy            11:15 Chair A'Robics            12:00 Lunch            12:45 Bingo            1:00 Bridge Play         </p>
<div>9</div> <p>           9:00 NIA            9:10 Int. Spanish            9:30 Pinochle / Computer Lab            10:10 Adv. Spanish            10:15 Yoga            11:10 Beg. Spanish            11:15 Chair A'Robics            12:00 Lunch / 12:45 Bingo            1:00 Bridge            1:30 HUGS         </p>	<div>10</div> <p>           8:30 Ceramics            9:00 Aerobics            9:00 Manicures            10:00 Blood Pressure/Glucose            10:30-12 Veteran's Brunch            1:00 Square Dancing            2:00 Strength Conditioning         </p>	<div>11</div> <p><b>CENTER CLOSED</b> <b>Veterans Day</b></p>
<div>16</div> <p>           9:00 NIA            9:10 Int. Spanish            9:30 Pinochle / Computer Lab            10:00 Tooele Breakfast Trip            10:10 Adv. Spanish            10:15 Yoga            11:00 Attorney            11:10 Beg. Spanish            11:15 Chair A'Robics            12:00 Lunch / 12:45 Bingo            1:00 Bridge         </p>	<div>17</div> <p>           8:30 Ceramics            9:00 Aerobics            10:00 Blood Pressure/Glucose            10:30 Basic Internet            12:00 Thanksgiving Lunch            1:00 Square Dancing            2:00 Strength Conditioning         </p>	<div>18</div> <p>           9:30 Yoga            10:30 Brown Bag            11:00 Massage Therapy            11:15 Chair A'Robics            12:00 Lunch            12:45 Bingo            1:00 Bridge Play         </p>
<div>23</div> <p>           9:00 NIA            9:10 Int. Spanish            9:30 Pinochle / Computer Lab            10:10 Adv. Spanish            10:15 Yoga            11:10 Beg. Spanish            11:15 Chair A'Robics            12:00 Lunch / 12:45 Bingo            1:00 Bridge         </p>	<div>24</div> <div>25</div> <p><b>CENTER CLOSED</b> <b>THANKSGIVING</b> <b>HOLIDAY</b></p>	
<div>30</div> <p>           9:00 NIA            9:10 Int. Spanish            9:30 Pinochle / Computer Lab            10:10 Adv. Spanish            10:15 Yoga            11:10 Beg. Spanish            11:15 Chair A'Robics            12:00 Lunch / 12:45 Bingo            1:00 Bridge         </p>	<div>  <p> <b>Medicare Part D Presentations</b>  <b>Thursday, November 3 - 11:00 or</b>  <b>Thursday, December 1 - 10:00</b> </p> </div>	

## CLASSES...CLASSES...CLASSES...CLASSES

### Ceramics

**Mon/Tues/Thur., 8:30-12:30**

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced.

The cost to participate is \$1 each time you attend plus supplies. □

### Water Color Lab

**Tues. 9:30 - 11:30**

Join with fellow artists for a drop in lab filled with chatter and sharing of techniques on **Tuesdays** from **9:30-11:30**.

Table-top easels will be available for those who wish to use them during the lab.

There is no cost for the lab which will run continuously as long as there is interest. Drop by any Tuesday. □

### Organ Donor Services

**Wed., Dec 14 - 11:00**

Don Hooper from the Intermountain Donor Services (IDS) will be making a presentation to explain the need for organ donations and the process by which such arrangements can be made. The IDS is responsible for the entire state of Utah and its four transplant centers, as well as several counties in Idaho and Wyoming.. □

### Spanish Classes

The Center's Spanish teacher, *Pat Woodall*, teaches conversational Spanish on Wednesdays with Beginning from 11:10 to noon, Intermediate students from 9:10 to 11, and Advanced students from 10:10 to 11. The current session started the end of October so check to see if you are still able to join this session.

Beginning students will need to purchase the text book from Pat on the first day of class for \$20. Cost of instruction for each level is \$20 for 7 weeks of instruction.

Classes will continue throughout the year for those interested in advancing their skills. □

### Stitching, Quilling Weaving, Crocheting Tuesdays at 12:30

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques. A small group of the students from these activities continue to meet on Tuesday afternoons to share their skills and knowledge of these crafts and chat about things that are important in their lives. You are invited to join in on this informal get-together. Bring your favorite craft and join us in the activity room. □

## MISC...MISC...MISC...

### Hats for the Homeless

The center had such a great response for our "hats for the homeless" drive last Christmas, that the center has been making hats year round. Image how many hats the center could donate on a yearly basis. Christmas is fast approaching and we could use all the hats participants could possibly make.

The center has a bin out in the lobby to drop the hats off in. If you are in need of yarn to make these hats, yarn is available in the same bin. Remember it does not matter whether these hats are hand knitted or made on a loom. Thank-you to all those who have made hats for a worthy cause. □

### Volunteers Needed

*"It is in every man's obligation to give back what he has gained."* Einstein

Studies show student's academic performance improves greatly through extra reading programs. To help meet this need, Murray Schools seek volunteers to read with elementary students weekly. Training will be brief for this simple reading program. Volunteers are needed for as little as one hour a day, one day week. Choose the school most convenient to you. If you are interested, please contact either Denise at 264-7424 or Jodi at 264-7430. □

Travel with friends...

## Center Trips



-- EACH PERSON MAY REGISTER FOR  
THEMSELVES AND NO MORE THAN ONE  
OTHER PERSON FOR EACH TRIP --

### Tooele for Breakfast Wed., Nov. 16 - 10:00

Once again the Center bus will be headed to the Tooele Senior Center for the **“Best Breakfast in Utah”**. The bus will depart at 10:00 and return about 1:00 ( 2 pm if the volunteer band is playing) on **Wednesday, November 16. Cost is \$5** for Breakfast & transportation. You may register for this trip now□

### Festival of Trees Thur Dec 1 - 9:30

The Heritage bus will depart at **9:30 on Thurs., December 1** and travel to the South Town Exhibition Center to view the hundreds of holiday creations at *Primary Children's Hospital Festival of Trees*. **Cost of the trip is \$4.** Trees, wreaths, garlands, cards, and gifts all kinds will be on display and for sale. Don't miss this opportunity to plan your seasonal decorations by seeing presentations by the best designers in the valley. We will return to the Center in time to eat lunch so remember to put your name on that list too. You may register for this trip at this time. □

### Peppermint Place and Cabela's Outfitters Tue. Nov. 22 9:30

On **Tuesday, November 22 at 9:30** you can travel to the Peppermint Place where you can take care of shopping for your seasonal holiday sweets. Watch the staff create your favorite candy and browse in the holiday gift shop.

After the Peppermint Place, it's off to see what everyone's talking about, Cabela's Outfitters in Lehi.

Have you noticed the huge building south of the point of the mountain...150,000 square feet of shopping, exhibits, and entertainment opened in August of this year. The national system called Cabela's Outfitters is currently the hottest retail attraction in Utah. Equipment for archery, boating, camping, hunting fishing, and other outdoor activities is featured in this giant facility. It also contains a mountain covered with wildlife representations, a stream with live trout, and an aquarium area featuring species of Utah's game fish. You can buy lunch in Cabela's unique cafe where traditional burgers, hot dogs, and other sandwiches can be ordered. The more adventurous traveler may like to try one of their speciality sandwiches of Elk, Wild Boar, Bison, Ostrich and others.

**The cost for this trip is \$4.** Lunch and snacks are on you. You may register for this trip now.

### CHRISTMAS LIGHTS in Spanish Fork

It may be time to start marking your calendar for the Center Christmas season trips.

This trip will be held twice, **Tuesday December 13** and **Wednesday December 14** so pick the date that is best for you. Cost for this activity is \$12 per person. The bus will depart the Center at 4:00 pm and travel to Provo for dinner at the Chuck-A-Rama. After dinner you will be treated to a drive through beautiful Canyon View Park located at the mouth of Spanish Fork Canyon where we will view thousands of colored lights and dozens of illuminated structures--several of which are animated. Return to the Center will be at approximately 8:00 pm. **You may sign up for this trip starting on November 14.**□

### Wendover/Rainbow Thur. Nov 3 - 8:30

This trip is currently full. If you have signed up don't be late, the bus departs at 8:30 sharp. Watch for information next month on the next trip that will be scheduled for January.□

## RECREATION...RECREATION...RECREATION...RECREATION...RECREATION

### Center Brunch to Honor \*Veterans Thurs., Nov. 10

The Heritage Center will replace our traditional noon time lunch with a brunch on **Thurs., Nov. 10 serving from 10:30 to 12:00.**

An All American menu of Ham, Corn Bread, Green Beans, Baked Potato, Green Salad, Coffee & Punch, and Apple Pie will be served in a buffet style anytime between 10:30-12:00 noon. **The Cost is \$4 for seniors, \$5 for under 55...and a special price of \$2 for veterans.**

\*All U.S. Veterans are invited to be our guests of honor as we enjoy entertainment and a meal. The Heritage Center is grateful for your years of service. Sign up at the front desk or call 264-2635 by 12:30 on Nov. 9.

Sign up for this meal in the normal fashion. Reservations are necessary for everyone, including veterans. Remember, the meal is served starting at 10:30 and will end at 12:00 noon. There will not be a noon lunch on this day. Entertainment will begin at 10:30 featuring the Dixieland Darlings.

\*For this activity, Veterans are identified as men and women who have served, are serving, or are retired from any branch of the U.S. military. □

### Thanksgiving Dinner Thursday, November 17 at 11:00

Join the center on Thursday, November 17 to give thanks for all the good things in life. A traditional turkey dinner will be served with all the trimmings, stuffing, yams, cranberry salad, and pumpkin pie. Lunch will be served at 12:00 noon and the cost is \$4.00. Advanced ticket payment is required and tickets can be purchased now.

The Red Desert Duo will entertain participants starting at 11:00. This group plays old-time, country, swing, and bluegrass. The duo consists of Steve Hewson and Sharon Mitchell. Steve is the manager of Rockport State Park and plays with the "Shepard of the Mountains Lutheran Church Bluegrass" group. Steve is also active in the Intermountain Acoustic Music Association.

Sharon has been playing music since she was 8. She performs with the "Public Domain String Band," "Around the Bend" Bluegrass band, "Last Night's Fun Irish Band," and the "Ogden Dance Band."

Together this duo has performed in the Memorial Day Bluegrass Festival in Grand Junction Colorado, in the Southern Nevada Bluegrass Music Association, and the Bannock County Bluegrass Festival in Pocatello Idaho. □

#### Three Special Meals

- Veteran's Brunch
- Thanksgiving Meal
- 25th Anniversary Celebration

### 25th Anniversary Celebration

Tickets will go on sale November 1 for the program and meal at the Anniversary Celebration on **Tuesday, December 6.** We anticipate the meal and program will sell out so get your tickets early. Reserved seating is available (similar to the Oktoberfest). When you purchase your tickets you will be asked where you would like to sit. You may purchase as many seats as you like. The cost is \$5 per person and includes the meal and entertainment. Payment is made when reserving your seats. The program meal will be served at 12:00 noon. See the article on page 15 for a complete schedule and information on the program for this special day.

## RECREATION...RECREATION...RECREATION...RECREATION...RECREATION

### News Behind the 8 Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the games. □

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### Pinochle - Wednesday's at 9:30

#### **\*\*Special Tournament - Saturday, November 12**

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. Sign-up in advance in the card room on the bulletin board. Please remember to use your first and last name when signing up. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. Winners from September were: *Ed Roskelly & Dick Petersen 652, Don Whitmore 560, Johanna Oenes 567, Mabel Fairclough 578, Don Whitmore 663.*

**\*\*A county-wide open pinochle tournament will be hosted by the Heritage Center on **Saturday, November 12.** Players can check-in at 9:30 and play will begin at 10:00. The entry fee is \$2 and advanced registration is required. Coffee and donuts will be available and many players will adjourn to the State Street Chuck-A-Rama following the tournament. Please contact Ivah Doverspike at 595-6654 to register for the tournament. □**

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### Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** afternoons from 1:00-4:00 p.m. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of bridge play guidelines are posted on the bulletin board in the card room.

High Scores for September were: **Wednesday**-*Ann Montague 83, Lois Hollstein 80, Hal Long 87, Ralph Abrahamson 87.* **Friday** *Arnold Paulsen, Dick Smith, Nila Barrett 83, Edith Brinn 88, Mary Soffe 92* □

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### Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. Bingo volunteers needed. □

### Line Dancing

#### **Tuesdays-10:00 & 2:00**

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners A \$1.00 donation is requested and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. □ □

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### Square Dancing

#### **Thursdays 1:00-2:30**

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-3:00.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

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### Red Hatters

The Heritage Center Red Hat Society chapter meetings are held on the first **Thursday** of each month from **12:45-2:00.** Meet on Thurs., Nov. 3 at 12:45 for a game of BONKO and Hand & Foot. For information contact Ada Norton at 262-5669. □

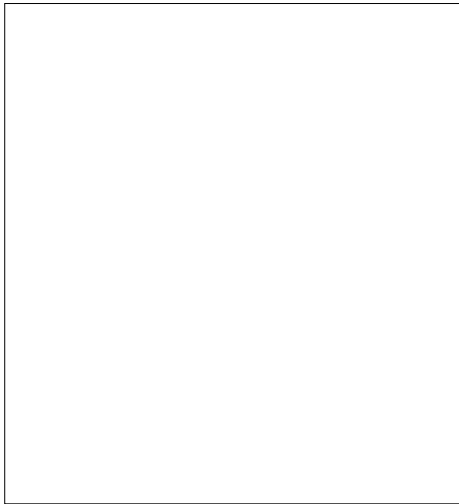
## Stan Livingston

### Volunteer of the Month

Stan entered this world on February 5, 1924 in the bustling town of Ferron, Utah and spent his youth in that community. He graduated from South Emery High School in 1943 and his most memorable classroom moments were in the wood shop where he manufactured tables and several items for his home and with activities related to carpentry.

Following graduation, Stan joined the U.S. Navy and spent three years driving and repairing trucks and working in the vehicle maintenance specialty of a Seaman 3rd class. Uncle Sam paid for his travels in the Pacific area which included some time served in the Philippines. He returned to the civilian world on December 9th, 1946 and began working for Western Electric Company installing central office equipment for the Bell System. While on a work related assignment in Vernal, Utah, Stan met and was bedazzled by Virginia Mecham... they were married on October 20, 1947. The Livingstons created a family which included two sons and two daughters. Sadly, the day after their 50th wedding anniversary Virginia passed away. Stan continues to live in their home in Taylorsville and has dinner with his children and grandchildren each Sunday.

In 1959, Stan took up the game of golf and, along with his brother Kent, are regular participants in the Heritage Center's Golf League. After 36 years with Western Electric, he retired in 1982 and since then has "done really nothing", according to his own words. This mild mannered man becomes very competitive on the links and he strives to hone his skills each week. He serves as a Heritage Center volunteer calculating the distribution of prizes for each of the 13 golf tournaments conducted between April and October and has done this for several years. It is for this faithful and significant service to others in the Golf League that Stan Livingston is being honored as the Heritage Center's Volunteer of the Month for November, 2005. Recognition of his contributions and presentation of an award was made to Stan during the annual season-ending Golf Banquet held in October. Thank you, Stan, and here's hoping that next season you will once again spend Wednesday afternoons sorting and designating the prize winners for the league's tournaments. A Special Thank You to the Samba Grill, sponsors of the volunteer of the month award. □



## Volunteer Corner

Volunteers are the key to the success of the Heritage Center. Currently the Center is in need of volunteers for the following positions:

**Bingo** - caller and prize person needed. See George.

**Sell Drinks** - sell the drinks in the dining room from 11:30-12:15. See Susan.

**Greeters** - greet and assist people in finding seats before lunch from 11:00-12:00. See Susan.

**Health Services** - substitute receptionist needed to assist on Thursdays. See Daveen.

**Front Desk Receptionist** - Wednesday afternoons. See Sharon.

**Dish Washer** - wash dishes on Mondays or assist current dishwashers when needed. See Jozefina.

**Water Color Instructor** - assist with the Tuesday morning water color class. □

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## Newsletter Donations

Each month at least 800 copies of the newsletter are printed. Newsletters range from 16 to 20 pages in length and cost over .60¢ per newsletter. Donations are greatly appreciated to help offset this cost.

Yearly subscriptions are also available and cost \$16 per year. The newsletter is mailed to your home each month. Purchase subscriptions at the front desk. □ □

## An Invitation...

is extended to everyone to join in the celebration on **Tuesday, December 6** at the Heritage Center. **Valet parking** will be available from 10:30-2:00, thanks to volunteers from Questar. Just pull up in the loading/unloading zone in front of the Center and they'll take care of the rest!

## My favorite memory...

A special display will run from 10:30-2:00 in the West Conference room with written memories from participants throughout the years. Memories are needed for the display. They should be 200 words or less beginning with "My favorite memory at the Heritage Center is ..."

## Meal...

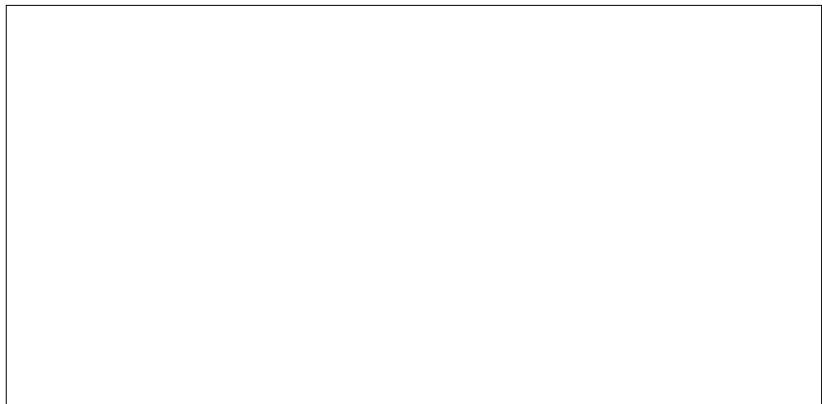
Don't miss Jozefina's home-cooked meal served by volunteers from the Murray Youth Government at 12:00 noon. The cost is \$5 for the program and meal and reserved seating is available. Choose where you would like to sit when you purchase your ticket. Seating will be limited so purchase tickets early. Tickets will go on sale November 1.

## Program...

At 11:15 the program will be held. Awards will be given to 5 select community agencies who have assisted the Heritage Center for the past 25 years. A special anniversary slide show depicting the history and participants of the Center will also be shown.

## Entertainment...

Enjoy the wonderful music of Octappella at 1:00 p.m. following lunch. Octappella were featured performers during the 2002 Salt Lake City Winter Games and have appeared on international and national television and radio broadcasts. Octappella's music is sung entirely a cappella, using no instruments of any kind. Their repertoire features a variety of musical genres spanning many decades, including old and new, classical and popular, as well as holiday and inspirational. Don't miss this performance!!



## Craft Sale...

Donations are currently being taken for the craft sale that will run from 10:30-2:00. All proceeds will go to the Heritage Center scholarship program. The scholarship program assists participants in paying for Heritage Center programs and services.

You can help by donating a handmade craft item or by purchasing one of the items at the sale.

## SPONSORS

Thank you to the following businesses for their support of this event:  
**HUMANA MarketPOINT & QUESTAR**

**Jozefina**  
Cooks everything in the  
Heritage Center Kitchen

## NOVEMBER 2005

### Heritage Center Menu

Make reservations by 12:30 the day before by calling **264-2635**

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$2.50 for persons 55+

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>TACO SALAD</b> Gelatin Fruit Or Pineapple	<b>ROAST PORK</b> Mashed Potatoes Carrots Roll Coconut Pie Or Pears	<b>CREAM OF BROCCOLI SOUP</b> , Chips Turkey Sandwich Peach Cobbler Or Mixed Fruit	<b>BAKED CHICKEN</b> Rice, Roll Mixed Vegetables Tiramizu Or Peaches
<b>CRAB CAKE</b> Asparagus, Roll Potato Casserole Cookies Or Pineapple	<b>STIR-FRY PORK</b> Rice Blueberry Pie Or Apricots	<b>FRIED FISH</b> Rice Roll Mixed Vegetables Ice Cream Cake Or Peaches	<b>BUFFET STYLE</b> <b>10:30-NOON</b> <i>Veteran's Honored</i> Ham, Corn Bread Green Beans Baked Potato Salad, Apple Pie	<b>VETERAN'S DAY</b>  <b>CENTER CLOSED</b>
<b>SALISBURY STEAK</b> Mashed Potatoes Peas, Roll Apple Pie Or Pears	<b>FAJITAS</b> Spanish Rice Salsa Coconut Cake Or Peaches	<b>SPAGHETTI</b> Green Salad Garlic Bread Brownies Or Mixed Fruit	<b>THANKSGIVING MEAL</b> <b>ROAST TURKEY</b> Mashed Potatoes w/gravy, Stuffing Cranberry Sauce, Yams, Pumpkin Pie Or Pears	<b>BEEF BURGUNDY</b> Noodles Roll Green Beans Chocolate Pie Or Apricots
<b>STUFFED PEPPERS</b> Cucumber Salad Cherry Cake Or Apricots	<b>LASAGNA</b> Green Salad French Bread Spice Cake Or Peaches	<b>GYROS</b> Greek Salad Baklava Or Pineapple	<b>THANKSGIVING</b>  <b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>
<b>SALMON</b> Roasted Potatoes Cheese Califlower Cinnamon Roll Or Pears	<b>POTATO SOUP</b> Ham Sandwich Chips Chocolate Cake or Fruit	<b>CHICKEN PARMESAN</b> Pasta, Roll Mixed Vegetable Lemon Cake Or Pears	z A chef salad may be ordered instead of the menu item. Put <i>Salad</i> by your name when making your reservation.  z Milk, Soda, or Juice may be purchased with your meal for .40¢ extra.  z Please recycle your soda cans in the garbages marked aluminum.	